


High School Lunch Menu

February 2018

Menu subject to change without notice.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Main: Pulled Pork * on a Bun Roasted Sweet Potatoes Creamy Cucumber Salad Pickles and Sliced Onions Coconut Curry Beans</p> <p>BAR: Potato Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>2 Main: Asian Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables Honey Roasted Carrots</p> <p>BAR: Hot Dish Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>5 Main: Pizza Choice Fresh Romaine Caesar Salad Black Bean Salad</p> <p>BAR: Soup and Sandwich</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>6 Main: Chicken Tenders Whipped Potatoes Low Fat Gravy Sweet Green Peas School Made Dinner Roll</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>7 Main: Brunch For Lunch Roasted Carrots Oven Baked Tri Tators</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>8 Main: Meatball Sub Creamy Cole Slaw Potato Crunch Broccoli</p> <p>BAR: Potato Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p> <p>School Made Cookie #</p>	<p>9 Main: Sweet and Sour Chicken Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables</p> <p>BAR: Breakfast Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>12 Main: 2 for 1 Beef Hot Dogs Vegetarian Chili Roasted Squash Sriracha Beans and Rice</p> <p>BAR: Salad Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>13 Main: Popcorn Chicken Bowl Whipped Potatoes Low Fat Gravy Shredded Cheese Whole Kernel Corn School Made Dinner Roll</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>14 Main: French Dip Sandwich OR Fish Sandwich Roasted Peppers /Onions Sidewinders Potatoes Roasted Broccoli Au Jus/ Cheese Sauce</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>15 Main: Chicken Patty on a Bun Oven Baked French Fries Parmesan Cauliflower Creamy Cole Slaw Buffalo Cauliflower</p> <p>BAR: Potato Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>16</p>
<p>19</p>	<p>20 Main: Chicken Po'Boy Sandwich Oven Baked French Fries Creamy Cucumber Salad</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>21 Main: Beef Meatballs in Gravy Whipped Potatoes Sweet Green Peas School Made Dinner Roll</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>22 Main: Chicken Wrap Seasoned Brown Rice Vegetarian Baked Beans Romaine/ Spinach Salad</p> <p>BAR: Potato Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>23 Main: Fish Sandwich Sweet Potato Fries Fresh Caesar Salad <i>Vegetable of the month:</i> Cauliflower with Soy Sauce</p> <p>BAR: Breakfast Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>
<p>26 Main: Chicken Patty on a Bun Oven Baked Waffle Fries Vegetarian Baked Beans</p> <p>BAR: Salad Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>27 Main: Mini Corn Dogs Scalloped Potatoes Roasted Carrots Whole Kernel Corn</p> <p>BAR: Noodle Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>	<p>28 Main: Popcorn Chicken Whipped Potatoes Low fat Gravy Roasted Broccoli School Made Dinner Roll</p> <p>BAR: Mexican Bar</p> <p>GRILL: Hamburgers and Chicken</p> <p>GRAB and GO (Salads, Sandwiches, and Yogurt Parfaits)</p>		

LUNCH PRICES

Elem. Student "Paid"\$ 2.85
 Student "Reduced"FREE
 Student "Free".....FREE
 Milk.....\$.50

Offered Daily on all Serving Lines:
 Fresh Vegetable Sticks
 Fresh Fruit and Fruit Sauce
 Milk Choice

*May contain Pork 

May contain nuts or peanut butter 

Any school made item could contain any of the above, please check with Kitchen Manager at site.

Allergy Notice: Products have been made in the District Kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other

All Grains/Breads offered are a minimum of 51% Whole Grain.



Free and Reduced Meal Applications available online at www.district279.org/fma
 OR
may be picked up at any school within District 279 or the District Office.

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Recipe of the Month:
Chef Salimatu's West African inspired Parmesan Cauliflower with Soy Sauce